

# Events & Rules 2003



# EVENTS AND RULES

*This booklet briefly describes  
each sport, the equipment  
policies, and medal distribution  
offered at the 23rd NVWG.  
If you would like more informa-  
tion about any sport, contact  
the organization or individual  
listed after each entry.*

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## AIR GUNS



Air gun competition will consist of four categories for each gender (Paraplegic, Paraplegic with Assistance, Quadriplegic,

and Quadriplegic with Assistance). To determine your appropriate classification, use the general classification you are given and match it with the following: Quadriplegics (IA-IC) and Paraplegics (II-V). If it is necessary for you to use a support stand to hold the rifle, then you must enter the appropriate assisted division.

**Prone Firing Position:** Both elbows resting on shooting table. The chest and/or abdomen may also rest on the table. The angle of the forward supporting arm shall not be less than 30 degrees in relation to the table surface. The shooter's feet must be on the wheelchair footrests when competing.

**Note:** *If you are registering for the air gun event for the first time you are required to establish a shooting time with the air gun registration booth at the Expo.*

### EQUIPMENT

Be sure your equipment (gun, shooting table, spotting scope, jacket, etc.), meets the requirements of the National Wheelchair Shooting Federation shooting rules. Unacceptable equipment includes certain types of shooting jackets, scopes attached to the rifle, and sights with magnifying lenses incorporated.

1. The air gun must be a .177 caliber **only**.
2. **No** air guns producing muzzle velocities above 750 fps will be allowed, nor will any multiple-pump gun that increases power with each pump (sport-style rifles).

All competitors must bring their **own** wheelchair.

If you do not have your own shooting table, banquet style tables will be provided. A **limited** number of tables will be on hand to accommodate those novice shooters who need one.

**Note: Equipment will be provided for novice shooters only. A limited** number of air guns will be provided on a first-come, first-served basis. You must present a credit card or driver's license to procure equipment.

### MEDALS

Awarded by category, division, and sex.

### FOR COMPLETE RULES, CONTACT:

National Wheelchair Shooting Federation  
c/o Wheelchair Sports, USA (WSUSA)  
3595 E. Fountain Blvd., Suite L-1  
Colorado Springs, CO 80910  
(719) 574-1150

## ARCHERY



Competition will be conducted in both Recurve Bow and Compound Bow rounds. Competitive rounds consist of:

**Recurve Bow:** Male and female 6 ends at 50 meters, 122 cm (48 inch) face; and 6 ends at 30 meters, 122 cm face. Two categories: Quadriplegic with recurve bow; Paraplegic with recurve bow.

**Compound Bow:** Male and female 6 ends at 50 meters, 122 cm (48 inch) face; and 6 ends at 30 meters, 122 cm face. Two categories: Quadriplegic with compound bow; Paraplegic with compound bow.

### EQUIPMENT

All equipment must conform to WSUSA Archery rules. All competitors must bring their **own** wheelchair.

**Note:** Participants must select ***EITHER*** compound bow ***OR*** recurve bow rounds—***NOT BOTH***.

**Equipment will be provided for novice archers only. A limited** number of recurve bows and arrows will be provided on a first-come, first-served basis. You must present a credit card or driver's license to procure equipment.

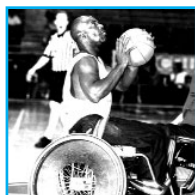
## MEDALS

Awarded by category, division, and sex.

## FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA (WSUSA)  
3595 E. Fountain Blvd., Suite L-1  
Colorado Springs, CO 80910  
(719) 574-1150

## BASKETBALL



*Limited to 96 players.*

Rules are determined by the National Wheelchair Basketball Association (NWBA) and are essentially the same rules as the

National Collegiate Athletic Association. The wheelchair is considered part of the player's body in ruling physical contact fouls. Three levels of player classification are used to achieve team balance.

At the NVWG, basketball is played using a "draw" system to choose players in each classification to form teams. Classes I, II, and III will be drawn to form eight teams. The tournament will be a modified double elimination with a third and fourth place playoff and a first and second place playoff. NWBA rules concerning points and play will be followed, except the 35-second shot clock will not be used.

All players on each team must be played a minimum of 10 minutes. Team size will be limited to 12 players (8 teams). Team assignments are final.

## EQUIPMENT

Balls will be provided. All competitors must bring their **own** wheelchair. Wheelchair footrests **must** have a roll bar or be padded to protect the floor. Rear push handles and push bars must be padded. All chairs must have a leg strap.

## MEDALS

First, second, and third place teams will be awarded medals.

## FOR COMPLETE RULES, CONTACT:

National Wheelchair Basketball  
Association  
710 Queensbury Loop  
Winter Garden, FL 34787  
(407) 654-4315

## BOWLING



American Wheelchair Bowling Association rules will be followed. Winners will be determined by counting total pins attained in

three complete games. Averages and handicaps will not be taken into account.

Handleball and stick bowling will be allowed for quadriplegic bowlers only, and ramp bowling will be allowed for quadriplegic bowlers who use electric wheelchairs, including those with MS, TBI, or similar disabling conditions. (Ramp bowlers will be divided into two categories: hand control and head/mouth control.) All non-quadruplegic bowlers must use a conventional bowling ball.

## EQUIPMENT

Balls will be provided. All competitors must bring their **own** wheelchair, including foot rests, brakes, and foot straps.

**Note: For novice bowlers only—**  
**A limited** number of ramps, handleballs, and push sticks will be provided on a first-come, first-served basis.

## MEDALS:

**Handleball:** Class IA, IB, IC; division, sex

**Stick:** Class IA, IB, IC; division, sex

**Ramp:** Head/Mouth, Hand control; division, sex

**Manual:** Class, division, sex

## FOR COMPLETE RULES, CONTACT:

American Wheelchair Bowling Association  
6264 North Andrews Avenue  
Ft. Lauderdale, FL 33309  
(305) 491-2886

## FIELD



For classes IB-V, field events include the javelin, shotput, and discus. Class IA throws the discus and club. These events are performed from the

wheelchair in a stationary, stabilized position. Raising off the chair or throwing chair is a disqualifying position.

The sequence of events and the number of throws will be announced in the coaches meeting on the day of registration.

## EQUIPMENT

All equipment will be provided. No personal throwing implements will be permitted. Competitors may use their personal regulation throwing chair, if desired.

The official women's international javelin is used. The javelin is a minimum length of 220 centimeters (7<sup>5</sup>/<sub>8</sub>") and weighs 600 g (1 lb, 5<sup>1</sup>/<sub>4</sub> oz).

The discus must weigh no less than one kilogram (2 lb, 3<sup>1</sup>/<sub>4</sub> oz). Class IB men and women use the two kilo shot (4 lb, 6 oz). Class IC men and IC-V women use the three kilo shot (6 lb, 10 oz), and class II-V men use the four kilo shot (8 lb, 13 oz).

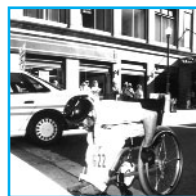
## MEDALS

Awarded by class, division, sex.

## FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA (WSUSA)  
3595 E. Fountain Blvd., Suite L-1  
Colorado Springs, CO 80910  
(719) 574-1150

## 5K ROAD RACE



The 5K road race is a timed event run on an asymmetrical course. It is designed to measure both speed and endurance.

There will be three categories: IA-C, II-III, IV-V. There will be no divisions; all competitors will compete at the same time.

## EQUIPMENT

NO equipment is provided; all competitors must bring their **own** wheelchair and helmet. **Racing chairs and helmets are mandatory. You will not be allowed to compete without one.**

## MEDALS

Awarded by category and sex.

## FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA (WSUSA)  
3595 E. Fountain Blvd., Suite L-1  
Colorado Springs, CO 80910  
(719) 574-1150

## HANDCYCLING ROAD RACE

The handcycling road race is a timed event run on an asymmetrical course. It is designed to measure both speed and endurance. The race will measure approximately 10K. This event will have a 1-hour-and-15-minute time limit imposed.

There will be three categories: IA-C, II-III, IV-V. There will be no divisions; all competitors will compete at the same time.

### EQUIPMENT

No equipment is provided; all competitors must bring their own handcycle and helmet. **Helmets are mandatory. You will not be allowed to compete without one.**

### MEDALS

This competition will be a medal event and will count as one of the 5 allowable events.

Medals will be awarded by category and sex.

### FOR COMPLETE RULES, CONTACT:

United States Handcycling Federation  
(831) 457-7747  
info@ushf.org

## MOTORIZED RALLY



The motorized wheelchair rally is designed for people using motorized wheelchairs.

Each participant will receive a map, a set of instructions, and a check card at the starting point of the rally. The instructions and the map will help guide participants through the course.

The course will contain a total of 10 checkpoints, with the start and finish each counted as one checkpoint. One playing card will be given out to each participant at five of the checkpoints. Other items will be given to each participant at the other checkpoints. Any participant arriving at the finish line without each of the items given at the checkpoints will be automatically disqualified. During the course of the rally, 10 questions will be asked. Some of these questions will be trivia and others will be observation questions. The participant's answers to these questions will be recorded as per the instructions and handed in at the finish line. Each participant will have one escort to help him or her through the course. The escort will be assigned; personal escorts will not be allowed.

Each participant will receive one point for each correct answer and a maximum of 10 points for the poker hand, i.e., royal flush = 10 points, straight flush = 9 points, etc. There will be no wild cards, and all royal flush hands will equal 10 points, all four of a kind = 8 points, etc. Ties will be broken by a card draw.

This event will be an open classification; all participants must use a motorized wheelchair; with divisions for hand controls and head/mouth controls.

This is not a timed event.

### EQUIPMENT

NO equipment is provided; all competitors must bring their **own** wheelchair.

### MEDALS

Awarded by division and sex.

## NINE BALL



Competition will be best two out of three games.

Nine ball is played with nine object (numbered) balls and

a cue ball. On each shot, the cue ball must first contact the lowest numbered ball on the table, but the balls need not be pocketed in order. After a miss, the incoming player must shoot from the position left by the previous player.

**Determining the break:** The breaker must strike the one-ball first and either pocket a ball or drive at least four numbered balls to the rail. If the cue ball is pocketed or driven off the table, or if the requirements of the opening break are not met, it is a foul and the incoming player has cue ball in hand anywhere on the table. No object ball is respotted.

**Fouls:** A player who commits a foul must relinquish his or her turn at the table and no balls pocketed on the foul shot, except the nine-ball, are spotted. The incoming player is awarded cue ball in hand. If a player commits several fouls in one shot, they are counted as only one foul. Three consecutive fouls result in loss of the game. (A warning must be given between the second and third fouls.)

**End of game:** The game ends at the the end of a legal shot that pockets the nine-ball or when a player forfeits the game as a result of a foul.

### EQUIPMENT

Pool cue sticks will be provided or participants may use their own.

### MEDALS

Awarded by class, division, and sex.

## POWER SOCCER

Power soccer is a unique, competitive sport for motorized wheelchair users. It is played on a basketball size court by two four-member teams (one member as goalie) using a large rubberized ball. The objective is to maneuver the ball across the opponents' goal line and keep them from doing the same.

This exhibition event will be comprised of two 2-hour clinics and will provide an opportunity for those participating to observe and practice the skills necessary for power soccer. The clinic will conclude with a scrimmage game.

### EQUIPMENT

All competitors must bring their own wheelchair. **NO SCOOTERS ALLOWED—ONLY MOTORIZED FOUR-WHEELED CHAIRS ACCEPTED.** Wheelchair guards and game balls will be provided.

### POWER SOCCER IS AN EXHIBITION EVENT

It does not count as one of the two minimum or five maximum events allowed per athlete. No official medals will be awarded.

### FOR COMPLETE RULES, CONTACT:

Kelli Kaliszewski  
(858) 552-8585, ext. 3163

## QUAD RUGBY



*Limited to 40 players.*

Quad rugby is a unique, competitive sport for quadriplegics. It is played on a basketball court by four-member teams

using a volleyball. The objective is to carry the ball across the opponent's goal line.

At the NVWG, teams are determined by a "draw" system.

Players are classified according to the USQRA classification system as 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, or 3.5. Each class has a point value, and teams are balanced by limiting the number of points allowed on the court. Teams will be limited to 10 players (4 teams).

The tournament will be a round robin with a first, second, and third place playoff.

### EQUIPMENT

All competitors must bring their **own** wheelchair.

### MEDALS

Awarded to first, second, and third place teams.

### FOR COMPLETE RULES, CONTACT:

U.S. Quad Rugby Association  
Brad Mikkelsen, Commissioner  
990 Logan Street, #205  
Denver, CO 80203  
(303) 894-0628

## SLALOM



Slalom competition is a test of agility, strength, skill, and speed. The course should run no longer than 100 meters.

The event is held on a gymnasium floor or other smooth surface and is defined by cones around which the athlete must maneuver the chair both forward and backward. In addition, obstacles are added that may include different size ramps, platforms, slopes, hurdles, textured surfaces, low-head clearance, and bridges. Missing any of the gates results in disqualification, and each cone struck adds one second to the actual time.

### MOTORIZED SLALOM

Motorized slalom will follow the same rules as above. Athletes will be divided into three categories: hand, head (chin), and mouth controls.

### EQUIPMENT

All competitors must bring their **own** wheelchair **and** helmet. **Helmets are mandatory.**

### MEDALS

Awarded by class, division, and sex. Medals for motorized slalom are awarded by category: hand control, head (chin) control, and mouth control .



## SOFTBALL



*Limited to 90 players.*

Softball is played on an asphalt surface. Teams are made up by a draw system to choose players in each classification to form

teams. Team size will be limited to 15 players (6 teams).

### EQUIPMENT

All competitors must bring their **own** wheelchair. No motorized wheelchairs or scooters will be allowed. Other equipment will be provided.

### MEDALS

Awarded to first, second, and third place teams.

### FOR COMPLETE RULES, CONTACT:

National Wheelchair Softball Association  
1616 Todd Ct.  
Hastings, MN 55033  
(612) 437-1792

## SWIMMING



The strokes used in competition are breaststroke, backstroke, freestyle, and butterfly. Classes IA, IB, and IC swim 25

yards (or meters depending on the pool); Classes II and III swim 50 yards; and Classes IV, V, and VI swim 100 yards.

The individual medley for Class IA consists of 25 yards each of the back, breast, and freestyle strokes. The individual medley for Classes IB, IC, II, and III consists of 25 yards each of the butterfly, back, breast, and freestyle, in that order. Classes IV, V, and VI swim 50 yards each of the butterfly, back, breast, and freestyle in that order.

All swimming events start in the water.

No body suits allowed.

### MEDALS

Awarded by class, division, and sex.

### FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA (WSUSA)  
3595 E. Fountain Blvd., Suite L-1  
Colorado Springs, CO 80910  
(719) 574-1150

## TABLE TENNIS



Table tennis is open to all competitors. Class IA, IB, and IC are permitted to secure the paddle to their hand by tape or

a brace. All competition is governed by United States Table Tennis Association rules with modifications as necessary to accommodate wheelchair movement. A single elimination system is used, which results in the loser of each match being eliminated from the competition and the winner advancing to the next round of play. Competition will be best three out of five. An eleven point scoring system will be used. No orange shirts allowed during competition.

### EQUIPMENT

Balls and a **limited** number of paddles will be provided.

### MEDALS

Awarded by class, division, sex.

### FOR RULES, CONTACT:

Wheelchair Sports, USA (WSUSA)  
3595 E. Fountain Blvd., Suite L-1  
Colorado Springs, CO 80910  
(719) 574-1150

# TRACK



Track events are governed by the Athletics Congress of the USA rules. Events are run as finals on a hard-surface track with a minimum of six lanes. The front caster(s) constitute the starting and finishing points. The individual may modify the chair while staying within Wheelchair Sports, USA standards.

For distances of greater than 400 meters, racing chairs are mandatory. A 20-minute time limit will be imposed on the 3000 meter race.

Power chair 220 will be run in three categories: hand control, head (chin) control, and mouth control.

## EQUIPMENT

No equipment is provided; all competitors must bring their **own** wheelchair and helmet. **Helmets are mandatory, you will not be allowed to compete without one.**

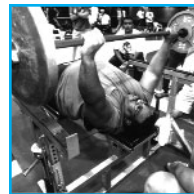
## MEDALS

Awarded by class, division, sex. For power chair 220, by category: hand control, head (chin) control, and mouth control.

## FOR RULES, CONTACT:

Wheelchair Sports, USA (WSUSA)  
3595 E. Fountain Blvd., Suite L-1  
Colorado Springs, CO 80910  
(719) 574-1150

# WEIGHTLIFTING



Weightlifting competitors are classified strictly by body weight. The bench press is the only form of weightlifting performed. Competitors start with the bar held one inch from the chest and are required to drive the weights up in one continuous motion to a fully extended position.

Athletes will compete in three classes within each weight category.

The Class “Quadriplegic” will consist of athletes classified as Class IA, IB, and IC.

The Class “High Para” will consist of athletes classified as Class II and III.

The Class “Low Para/Amputee” will consist of athletes classified as Class IV and V.

## OFFICIAL WEIGHTS BY CATEGORIES ARE:

| Category       | Weight                           |
|----------------|----------------------------------|
| I . . . . .    | Up to 105-1/2 lbs (48 kg)        |
| II . . . . .   | 105-3/4 to 114-1/2 lbs (52 kg)   |
| III . . . . .  | 114-3/4 to 123-1/4 (56 kg)       |
| IV . . . . .   | 123-1/2 to 132 lbs (60 kg)       |
| V . . . . .    | 132-1/4 to 148-1/2 lbs (67.5 kg) |
| VI . . . . .   | 148-3/4 to 165 lbs (75 kg)       |
| VII . . . . .  | 165-1/4 to 181-1/2 lbs (82.5 kg) |
| VIII . . . . . | 181-3/4 to 198 lbs (90 kg)       |
| IX . . . . .   | 198-1/4 to 220 lbs (100 kg)      |
| X . . . . .    | Over 220 lbs (100 kg)            |

Weightlifters must weigh in prior to competition to be eligible to lift. Quadriplegic weightlifters do not need to weigh in.

## EQUIPMENT

Quadriplegic weightlifters compete using a Universal system instead of free weights and compete by class.

## MEDALS

Awarded by weight categories I–X, Class (Quadriplegic, High Para, Low Para/Amputee), division, and sex.

## FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA (WSUSA)  
3595 E. Fountain Blvd., Suite L-1  
Colorado Springs, CO 80910  
(719) 574-1150

## PROTEST PROCEDURES

If a competitor or coach wishes to protest a specific action related to the National Veterans Wheelchair Games (e.g., classification or event results), these specific procedures must be followed:

1. The athlete or coach must pick up a protest form in the data management area or from event officials or venue coordinators.
2. He/she must fill out the protest form completely relating all supporting evidence (pictures, muscle test, etc.).
3. The form must be returned to the data management area to be given to the protest committee.
4. The protest committee will decide if the allegations have merit and refer them to the subject expert.
5. Upon consultation with the subject expert, the athlete or coach will be notified of the protest committee's decision.
6. The protest committee's decision will be final.



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